

Beauty and Health Lessons For the Summer

A New Series of Articles Written by Miss
Pauline Furlong for Women Readers
of The Evening World.

By Pauline Furlong.

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Will Climbing Be Obsolete?

My obesity readers, who, I hope, are already planning to regain health, strength and beauty this summer, should make a point of including a large amount of walking in their programme, for in the fight against superfluous flesh you may literally "win in a walk," especially if the walks be uphill ones.

It is true that most of the theatrical and professional beauties make walking and hill climbing a part of their physical training each year, just before the winter season opens for them, and one with whom I have recently spoken on this subject advised me that she puts on, not one but several heavy sweaters each day and walks hours, up hill and down dale, especially the latter, many weeks before her season of work opens.

I myself walk at least two miles every day and would triple that amount if time permitted.

The fat woman with time and money to spare can easily walk several miles and hours for the next three months if she but summon up will power to help her. With her it is merely a question of resolution. I can perfectly well assure, however, that there are many of my readers, busy all day at some indoor occupation, who do not doubt that they have neither the time nor the strength to take long walks in the open air.

To these women, at least if they are fat, I say "walk one way between your work and your home or at least part of the way if you cannot be a pedestrian both nights and morning." To walk properly you should first take the correct standing position shown Monday and then move forward with the chest and not the abdomen in the lead. Put less weight on the heels than you are probably in the habit of doing, and walk on the balls of your feet. Do not drag, and try to infuse spring and buoyancy into your walk. If you keep the chest and head correct, you will be able to breathe properly and feel exhilarated instead of worn out after doing many miles on foot.

Today's Menu—Glass hot water and lemon juice before breakfast. Lunch—Crab cocktail, broiled steak, sliced tomatoes, Spanish onions and boiled dressing, string beans, stewed peaches, sweetened with any sugar substitute.

An apple may be eaten for lunch if breakfast is taken.

Letters From Readers.

WATER DRINKING—MARGARET T. writes: "In the summer, is it not just as well to drink cold water as hot upon arising? I am going away and it is not convenient for me to get the hot water. Are strawberries good for the complexion?"

It makes little difference whether the water is hot or cold just so you drink plenty of it between meals each day. Strawberries, like all fruits, are good for the complexion when eaten, and are also slightly bleaching when applied to the skin.

CUCUMBERS—KATHERINE C. writes: "Are cucumbers bleaching to the skin?"

They contain arsenic and are slightly bleaching.

LOST THIRTY-THREE POUNDS—MRS. L. R. D. writes: "I simply

"SAVED MY BABY"

Grateful Mother Always

Keeps Father John's

Medicine in the

House

A message from Luck Haven, Pa., says: "My two children, husband and mother use Father John's Medicine and recommend it highly. It saved the life of my boy who was in poor health from birth until he took Father John's Medicine. The children cry for it and we are never without it in the house." (Signed) Mrs. Anna Sellers, 113 Grant St., Luck Haven, Pa. Because they know it is a life medicine for children as well as older people, from the fact that it contains no opium, morphine, chloroform or other dangerous drugs, thousands of mothers use Father John's Medicine in their homes right along. It is a pure, wholesome tonic, food medicine, which builds new flesh and strength and gives resisting power against disease. Begin taking it today. Get what you call for.—Advt.

Indigestion

Get a box of R&G's Pills

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Blackheads, Blemishes & Skin Troubles

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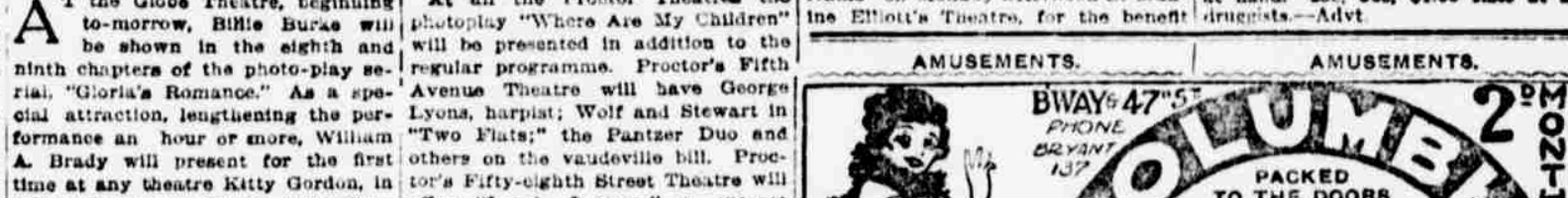
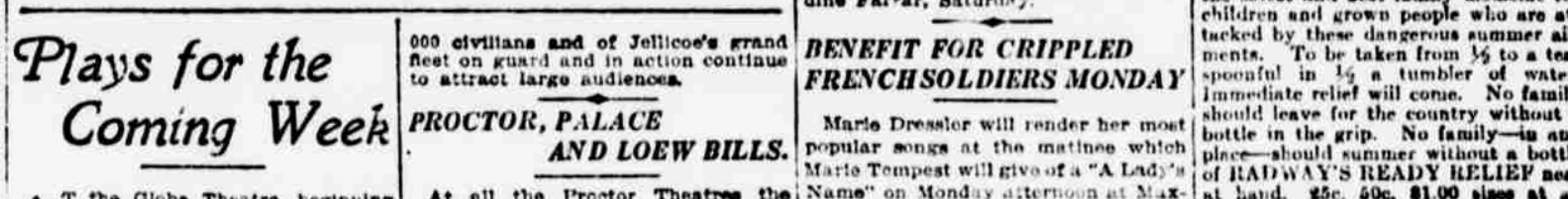
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SOME STAGE STARS WHO WILL APPEAR HERE NEXT WEEK



BROOKLYN PREACHER RUSHING TO HIS REGIMENT

Dr. Cadman, Chaplain of Twenty-Third, Has Auto Mishap—Aid Also Injured.

BALTIMORE, June 24.—The Rev. Dr. H. Parker Cadman, pastor of Central Congregational Church, Brooklyn, N. Y., and the Rev. David Lotman, his assistant, were badly hurt yesterday when an automobile in which they were riding crashed into another machine.

Dr. Cadman, who is chaplain of the Twenty-third Regiment of Brooklyn, had been in Washington on business, and was returning home to join the regiment.

He was treated at the Laurel hospital, and then rushed on to Baltimore, where he was treated at the city hospital.

The accident was due to one of the drivers looking from the road to the crash at the rear of the car.

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SMALL AILMENTS

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HOSTETTER'S Stomach Bitters

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GLOBE THEATRE

To-Morrow and All Next Week
GEORGE KLEINE Presents
BY SPECIAL ARRANGEMENT WITH F. ZIEGFELD JR.

BILLIE BURKE

CHAPTERS 8 AND 9 OF
GLORIA'S ROMANCE
A MOTION PICTURE NOVEL BY
MR. AND MRS. RUPERT HUGHES
Supported by HENRY KOLKER
ALSO—
IN CONJUNCTION WITH ABOVE
WILLIAM A. BRADY Offers

KITTY GORDON

IN
THE CRUCIAL TEST
A FIVE-ACT PRE-RELEASE WORLD PICTURE

Can you imagine a husband who was willing to compromise this beautiful woman—his wife—in his desire for political power? Then see

BERTHA KALICH

in "Ambition"
A MASTER PICTURE
WRITTEN BY MARY MURILL
DIRECTED BY JAMES VINCENT

ACADEMY OF MUSIC

14th St. & Irving Place
Continuous from Noon to 11 at Night
Symphony Orchestra—Concert Organ—Soloist Vocalists—Four Days Only
Commencing To-day—Week Days. Afternoon, 10c. Night, 15c.

BROADWAY

THEATRE AT 4th ST.
COMMENCING SUNDAY

ZIEGFELD FOLLIES

After the show 8:15 (Stop this Theatre)
ZIEGFELD MIDNIGHT FROLIC
CANDLER W. 42nd St. 8:15
JOHN BARRYMORE in "JUSTICE"
LIBERTY 42nd St. 8:15
at 2:15 "POP" MATINEE
2:30 to 8:15
The Liberty Theatre Spectacular
Commences at 8:15

CRITERION

THE CINDERELLA MAN
ELTINGE 42nd St. 8:15
FAIR AND WARMER
HARRIS W. 42nd St. 8:15
with Fred Astaire as "Daddy Dandy"
A Motion Picture Town in Preparation
HOW BRITAIN PREPARED
LYCEUM 42nd St. 8:15
ASTOR 42nd St. 8:15
THE COHAN REVUE 1916
DELASCO 42nd St. 8:15
THE BOOMERANG

WINTER GARDEN

PASSING SHOW OF 1916
WASHINGTON SURVIVORS
SHUBERT 42nd St. 8:15
LYRIC 42nd St. 8:15
MUSICAL SUCCESS
KATINKA
MARIETTE 42nd St. 8:15
CASINO 42nd St. 8:15
VERY GOOD EDDIE
A Musical Comedy That is Different
CORT 42nd St. 8:15
MOLLY O'

WEBER'S

25th St. and Broadway
THE ITALIAN JOURNAL Presents
Italian Official War Pictures
25c, 50c, 50c. Box Seats \$1.00
RIALTO
STANDARD
RAMONA 25c & 50c
BURLESQUE
OLYMPIC 25th St.
PARISIAN BEAUTIES 84 1/2 St.
To appreciate the convenience and great value of the Sunday World's Want Directory—READ IT.

Plays for the Coming Week

At the Globe Theatre, beginning to-morrow, Billie Burke will be shown in the eighth and ninth chapters of the photo-play serial, "Gloria's Romance." As a special attraction, lengthening the performance an hour or more, William A. Brady will present for the first time at any theatre Kitty Gordon, in her third screen offering, "The Crucial Test." This production will be replaced each week by the new World Pictures, which will continue at the Globe in connection with the Billie Burke serial.

MME. BERTHA KALICH
IN LATEST FOX FILM.
"Ambition," a William Fox film, with Bertha Kalich as the central figure in a story of politics and love, begins a four days' stay at the Academy of Music to-morrow. Marian Powers is the wife of Robert Powers, an Assistant District Attorney who is in danger of losing his job. Kalich is the town's political boss, to name him for District Attorney. He is willing to have his wife sacrifice herself in order that he may realize his ambition. A love affair results. Final retribution comes to Powers when Marian leaves him broken and crushed.

NEW PICTURE PLAYS
AT VARIOUS HOUSES.
At the Broadway Theatre, Anne Pennington in "Smile Snowflake," a two part Eiko film, will be the feature picture. The latest Pathe picture, "The River of Romance," the five-part wonder play, &c., &c. It was bought through an agent who hints the author is the wife of a United States Senator. She will probably come to life when she needs a little more ready cash.

That carload of scripts that H. O. K. Davis took back to Universal City apparently didn't last long, for he is back in New York again. However, this is a secret, and don't try to see him.

Patriotism is in the air. They are playing the "Star Spangled Banner" at every performance at the Rialto, and the Universal offices can hardly be seen from the street on account of the American flags in front of the windows.

Henry Grimm, the Metro-York publicist, is in town on his way to the Coast with the company.

Next week's music programme at the Rialto will be the most pretentious offering of the kind this house has yet had. The soloists will include Regina Vicaria, coloratura soprano in the Hammerstein Opera Company; M. De Ferra, baritone, Chicago Grand Opera Company; and Arthur Aldridge, late Hippodrome tenor.

Employees of the Metro and Vitaphone Companies who are called into military service will receive full pay during their absence and will find their jobs waiting for them when they return.

The Pasha Club, under the Presidency of J. A. Berst, will have an outing on July 23. They will go up the Hudson in the morning and hope to come down the Hudson that same night.

PROCTOR, PALACE AND LOEW BILLS.

At all the Proctor Theatres the photoplay "Where Are My Children?" will be presented in addition to the regular programme. Proctor's Fifth Avenue Theatre will have George Lyons, harpist; Wolf and Stewart in "Two Flats;" the Eastman Duo and others on the vaudeville bill. Proctor's Fifty-eighth Street Theatre will offer "Love's Lottery," a one-act musical comedy; J. Russell Barry in a comedy sketch, and Hayes and Rivers, dancers. At Proctor's One Hundred and Twenty-fifth Street Theatre the vaudeville bill will be headed by Billy Tuite's Collegians in a musical sketch. Proctor's Twenty-third Street Theatre will show a new movie feature every night.

The bill at the Palace Theatre will include Stella Mayhew and Billie Taylor in songs and stories; Jack Wilson and company in a burlesque of the acts preceding him; Gertrude Vanderbilt and George Grey in songs and dances, and George White and Lucille Cavanagh in dances.

At Loew's American Theatre Ed Gallagher and Bob Carlin in "Before the Mast" will head the vaudeville bill the first three days of the week.

The bill at the New Brighton Theatre, Brighton Beach, will be headed by Dorothy Jordan in new songs. Others will be Walter C. Kelly, "The Virginia Judge;" Bert Lamont's 13-speed mechanics in an automobile assembling contest; Franklin Ardell in "The Wife Saver;" Britt Wood, "The

VAUDEVILLE.
FEPROCTOR'S
125th St. 58th St.
In addition to the usual vaudeville and at the same prices of 10c, 15c & 25c, MR. PROCTOR WILL PRESENT FOR 7 DAYS BEGINNING MONDAY JUNE 26TH THE SENSATIONAL PHOTO-PLAY
"WHERE-ARE-MY-CHILDREN"
A salacious shock, clean, vivid, lively, mighty, real and inevitable. The dramatic sensation of the year, with TYRONE POWER. Wonderful truthful story of the vital and intimate problem of love, life, parenthood and home told in an atmosphere of refinement, intelligence, modernity and fearless facts.
NOT ADMITTED
23d St. Children Under 16 Years of Age 23d St.

LEARN TO SWIM
You should learn how to swim before the bathing season opens.
Men Every Day and Night except Monday
Ladies on Monday from 10 A. M. to 10 P. M.
Lessons by Experts, 50c
Including use of steam room and showers
TURKISH, RUSSIAN AND MINERAL
BATHS BY A EUROPEAN
GRADUATE MASSAGEUR
Hotel Accommodations.
Business Men, take a noonday cold shower and swim. It will improve your health.
THE EVERARD BATHS
28 W. 28th St. at BWAY
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A PLEASANT REMEDY FOR FLUMP PEOPLE ONLY
The latest method whereby you can get a good figure without the aid of dieting or the use of the good cause which causes...
At the Dancing Carnival
Where dancing helps to reduce the weight of our patrons at an average of one pound a day per patron.
20c Ladies and Gentles.
Ladies:—on the...
Gentles:—on the...
Every night for...
Ladies:—on the...
Gentles:—on the...
Every night for...
Ladies:—on the...
Gentles:—on the...
Every night for...

BRIGHTON BATHS
ROCKING CHAIR MOVIES
10-DAY, "MARIE DORO." JUNE 25-26, "PAULINE FREDERICK."
AFTERNOON and EVENING CONCERTS
SURF BATHING
HAROLD STERN'S BAND

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